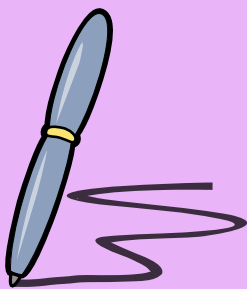
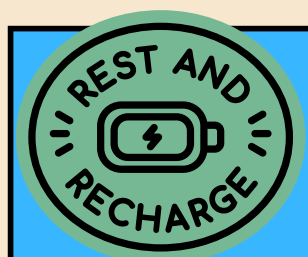


# YOU'RE STRESSED OUT AND DON'T KNOW WHAT TO DO?

**GIVE THESE TIPS A TRY!**

## ENGAGE IN SELF CARE

Schedule some time to relax and engage in activities you love!

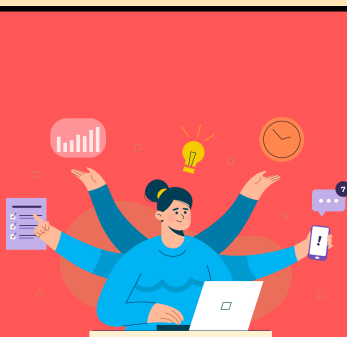


## WRITE IT OUT

Sometimes, a good rant is all we need. Try writing about it in a journal.

## SEEK HELP

Don't be afraid to seek help! School counsellors and family service centres are here for you.



## PRIORITIZE TASKS

Organise your to-do list. Effective time management enables you to exert control over your schedule.

## TAKE CARE OF YOURSELF

Eat well, get sufficient sleep, and exercise regularly.

